

Start an Exercise Routine

1. Standing or Sitting, spread your legs apart, knees straight, slowly bend over to try to touch your right ankle, slowly move hands to your left ankle and back, repeat 5 times.
2. For 15 min. walk fast or run slowly, keep your heart rate low at 120 per minute.
3. With weights of 2 to 20 lbs, stand as fig 1. Breath out slowly lift the weights towards the shoulders (3 seconds), Breath in, slowly lower the weights (3 sec.) Repeat 15 times if you can.
4. Position yourself as fig 2. As in (3) Slowly breathing out, lift the weight towards the shoulder, and lowering Breath in. You can use a chair to hold you. Repeat 15 times with both arms.
5. Position yourself as fig 3. Breathing out slowly lift legs and shoulders at the same time (3 sec), with abdomen tight and lower the same. Repeat 15 times. You can do this in bed if you want.
6. Position yourself as fig 4. Slowly breathing out slowly move your hands or elbows to touch the knees (3 sec). Breathing in, slowly relax back down, Repeat 15 times.

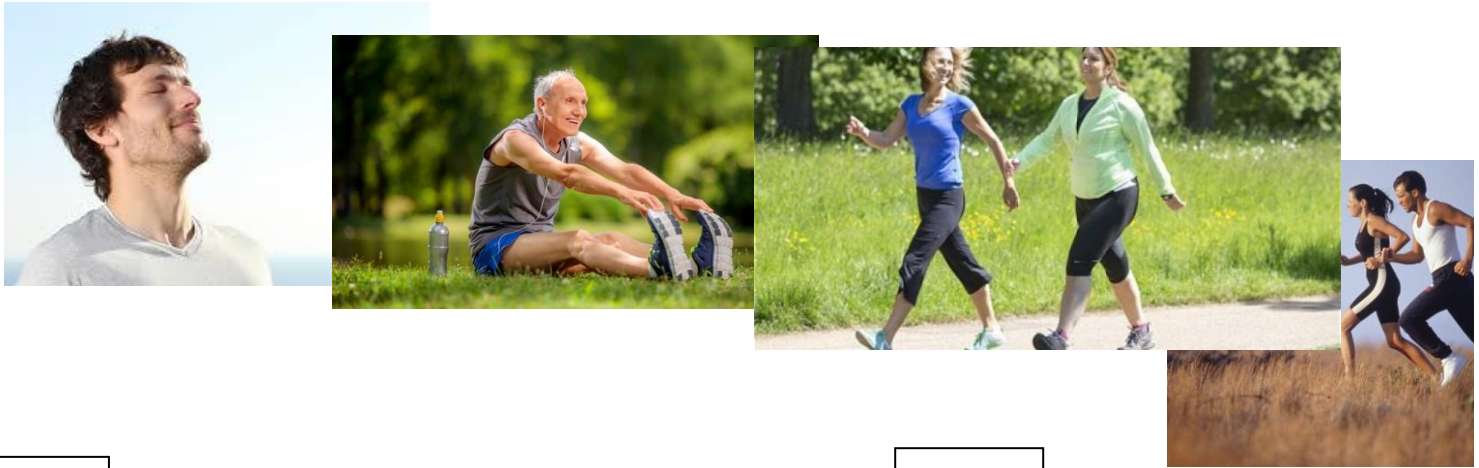


Figure 1

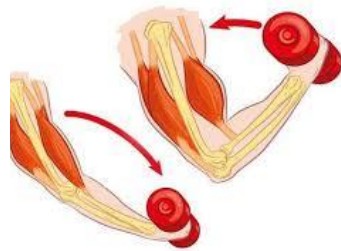


Figure 2



In steps 3, 4, 5, 6 you can replace with different exercises that use different groups of muscles, but following the same style of doing them slowly (3 seconds up and down) and expiring with the effort of lifting the weight. Use weights that allow you to do 10 to 15 repetitions until muscle exhaustion.

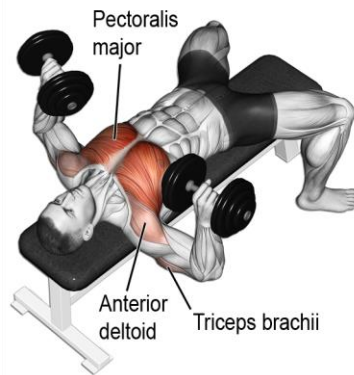
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Figure 3



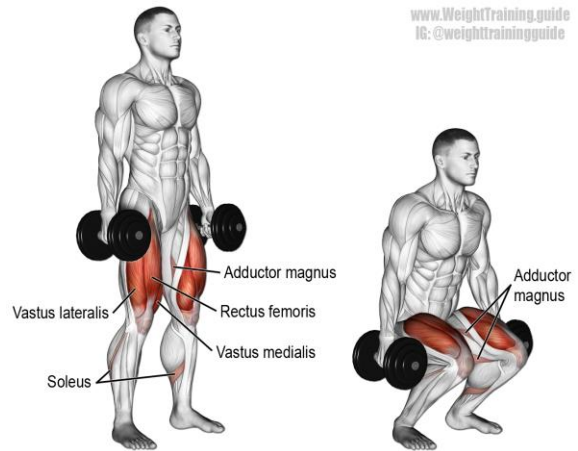
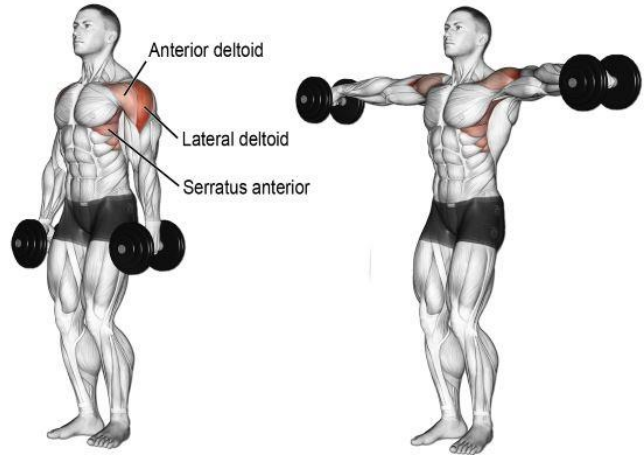
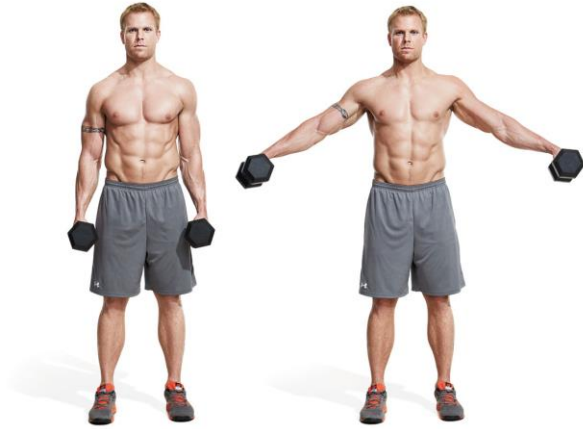
Figure 4



In steps 3, 4, 5, 6 you can replace with different exercises that use different groups of muscles, but following the same style of doing them slowly (3 seconds up and down) and expiring with the effort of lifting the weight. Use weights that allow you to do 10 to 15 repetitions until muscle exhaustion.

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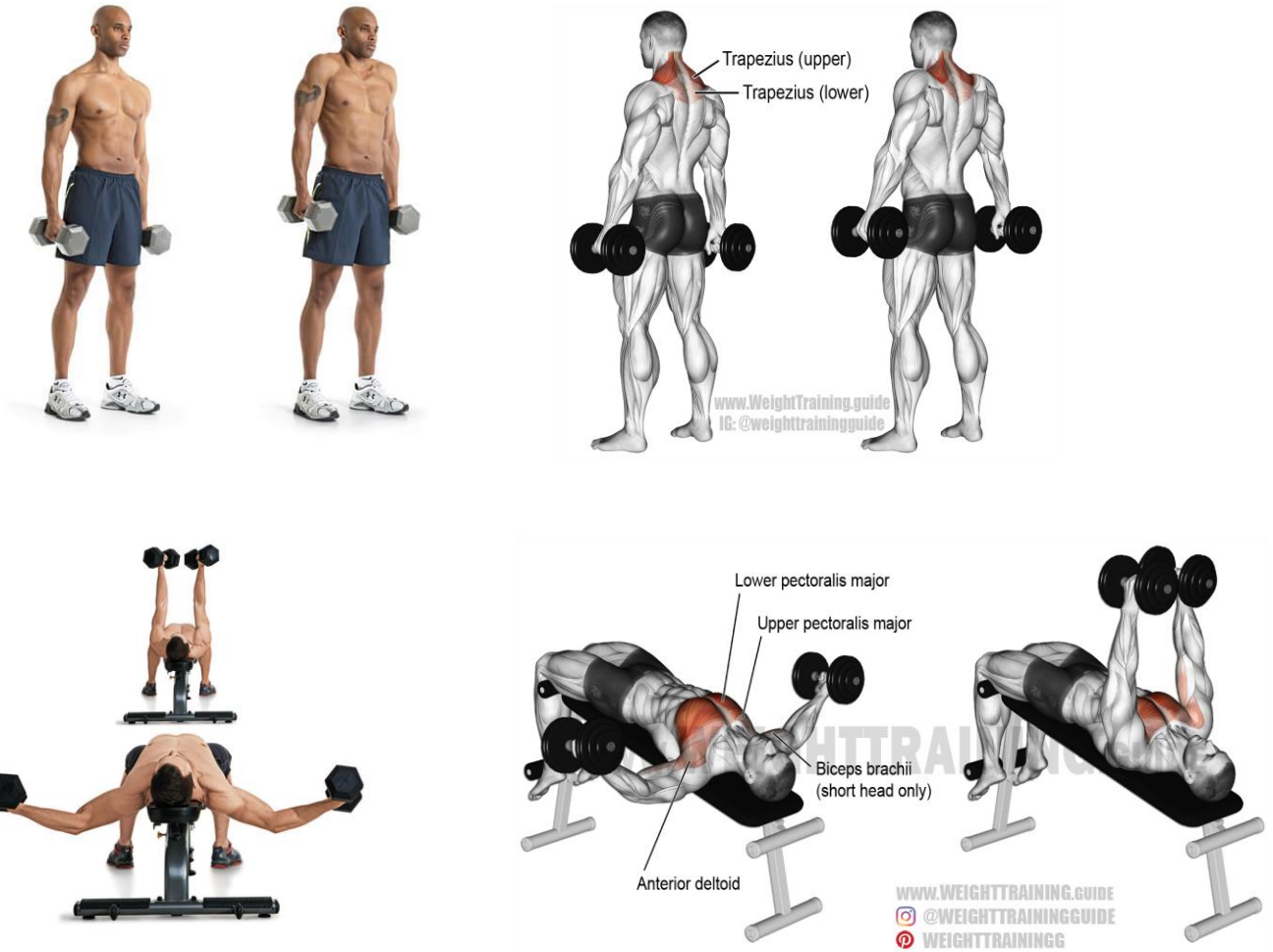
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In steps 3, 4, 5, 6 you can replace with different exercises that use different groups of muscles, but following the same style of doing them slowly (3 seconds up and down) and expiring with the effort of lifting the weight. Use weights that allow you to do 10 to 15 repetitions until muscle exhaustion.

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You can adjust weights or extensions, but you should never adjust the speed to ensure there is no muscle damage. For the first few days, unless you have experience, do not exert yourself much. When you feel stronger, you can increase the intensity of exercises and weights little by little. Each week we distribute a new group of exercises focusing on different muscles. The goal is not to achieve many repetitions, nor to make them fast. The goal is to exhaust the muscles in 10 to 15 repetitions. Completely exhausting muscle is the only way to increase muscle mass. After 30 days, you should notice that your capacity has greatly improved. If you don't have a bench, you can do the bench exercises on the bed.

Our email is: [info@cellularhealthcoaching.com](mailto:info@cellularhealthcoaching.com)

In steps 3, 4, 5, 6 you can replace with different exercises that use different groups of muscles, but following the same style of doing them slowly (3 seconds up and down) and expiring with the effort of lifting the weight. Use weights that allow you to do 10 to 15 repetitions until muscle exhaustion.